



Saint Paul Parks and Recreation



Downhill Skiing/Snowboarding & Cross Country Skiing Programs 2008-2009



Como Park Ski Center
is a convenient in-town ski area featuring a lighted tow rope, snow making, chalet with food service, ski/snowboard rental shop and affordable lessons taught by professional instructors.

Como Park Ski Chalet Hours

651/488-9673 TTY 651/266-6378
1431 North Lexington Parkway

Mondays, Thursdays & Fridays: CLOSED
Tuesdays & Wednesdays: 3:00 to 9:00 p.m.
Saturdays: 9:00 a.m. to 6:00 p.m.
Sundays: 11:00 a.m. to 6:00 p.m.
See page 2 for Holiday Hours

NOTES:

1. Chalet opens Saturday, December 20 weather permitting.
2. Rope tow and ski hill close ½ hour before the chalet.
3. There is no public use of ski hill rope tow or rental of equipment during Saturday ski school, (1/10-2/14).
4. Ski Patrol not on duty.

Inside:



Downhill/Snowboarding & Cross Country Skiing



Lesson Information



Rental Rates



Registration Information





Welcome



Saint Paul Parks and Recreation Mission Statement

To help make Saint Paul the most livable city in America, Saint Paul Parks and Recreation will facilitate the creation of active lifestyles, vibrant places and a vital environment.



Saint Paul Parks and Recreation Receives National Recognition

Saint Paul Parks and Recreation is just one of three park agencies in the State of Minnesota to receive the prestigious CAPRA accreditation. Accreditation is based on 156 standards that are elements of effective and efficient park and recreation operations. Accreditation helps demonstrate to the public that they have access to parks and recreation services of national quality, and that their investment in Saint Paul Parks and Recreation is sound.

COMO PARK CHALET HOLIDAY HOURS

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
December 20 9 am - 6 pm	December 21 11 am - 6 pm	December 22 10 am - 9 pm	December 23 10 am - 9 pm	December 24 10 am - 4 pm	December 25 CLOSED	December 26 10 am - 9 pm
December 27 9 am - 6 pm	December 28 11 am - 6 pm	December 29 10 am - 9 pm	December 30 10 am - 9 pm	December 31 10 am - 6 pm	January 1 10 am - 9 pm	January 2 10 am - 9 pm
January 3 9 am - 6 pm	January 4 11 am - 6 pm	Other Holiday Hours		January 19, MLK Day: 11 am-6 pm February 16, Presidents Day: 11 am-6 pm		



CITY OF SAINT PAUL
DIVISION OF PARKS
AND RECREATION



Individuals with disabilities are invited to participate in these programs. If you have a disability requiring special services, please call for more information.

General Parks and Recreation Information

651-266-6400

Parkwatch

651-646-3535

Seasonal and Part-time Employment Opportunities Hotline

651-266-6466

Volunteer Hotline

651-266-6464

Environmental Program Volunteer Hotline

651-266-6458

AA/ADA/EEO Employer

Deaf and Hard of Hearing callers, please call via 711 TRS or via Video Relay Services

LESSONS REGISTRATION FORM

(see page 4 and 5 for level descriptions and days/dates/times)

Participant name _____ Youth: Date of birth ____/____/____ Age _____
Address _____ City _____ State _____ Zip _____
Home telephone _____ - _____ - _____ Work telephone _____ - _____ - _____
E-mail address _____

Please list any special needs or disabilities the enrolling participant may have: _____.

DOWNHILL SKI LEVEL: ☐ Kinderski ☐ Never Evers ☐ LVL I ☐ LVL II ☐ LVL III ☐ LVL IV ☐ LVL V ☐ LVL VI

SNOWBOARD LEVEL: ☐ LVL A ☐ LVL B ☐ LVL C ☐ LVL D ☐ Adult Only Lessons

1st Class Choice: Day _____ Time _____ 2nd Class Choice: Day _____ Time _____

CROSS COUNTRY SKI: ☐ Introduction ☐ Beginner ☐ Intermediate/Advanced

Lesson fee: \$ _____ X number of lessons _____ + equipment rental rate for lessons \$ _____ = Total enclosed \$ _____

Rental Equipment Needed: ☐ Yes ☐ No If yes, Shoe Size ____: Adult / Child (circle one). Height _____

Lesson fee: \$ _____ + equipment rental rate for lessons \$ _____ = Total enclosed \$ _____

Everyone renting equipment must visit the Como Park Ski Center for fitting at least one week prior to the first lesson.

Payment: ☐ Cash ☐ Check ☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

Credit Card # _____ - _____ - _____ - _____ Expiration Date: ____/____ Card Holder Name: _____

Make checks payable to: City of Saint Paul

LESSONS REGISTRATION FORM

(see page 4 and 5 for level descriptions and days/dates/times)

Participant name _____ Youth: Date of birth ____/____/____ Age _____
Address _____ City _____ State _____ Zip _____
Home telephone _____ - _____ - _____ Work telephone _____ - _____ - _____
E-mail address _____

Please list any special needs or disabilities the enrolling participant may have: _____.

DOWNHILL SKI LEVEL: ☐ Kinderski ☐ Never Evers ☐ LVL I ☐ LVL II ☐ LVL III ☐ LVL IV ☐ LVL V ☐ LVL VI

SNOWBOARD LEVEL: ☐ LVL A ☐ LVL B ☐ LVL C ☐ LVL D ☐ Adult Only Lessons

1st Class Choice: Day _____ Time _____ 2nd Class Choice: Day _____ Time _____

CROSS COUNTRY SKI: ☐ Introduction ☐ Beginner ☐ Intermediate/Advanced

Lesson fee: \$ _____ X number of lessons _____ + equipment rental rate for lessons \$ _____ = Total enclosed \$ _____

Rental Equipment Needed: ☐ Yes ☐ No If yes, Shoe Size ____: Adult / Child (circle one). Height _____

Lesson fee: \$ _____ + equipment rental rate for lessons \$ _____ = Total enclosed \$ _____

Everyone renting equipment must visit the Como Park Ski Center for fitting at least one week prior to the first lesson.

Payment: ☐ Cash ☐ Check ☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

Credit Card # _____ - _____ - _____ - _____ Expiration Date: ____/____ Card Holder Name: _____

Make checks payable to: City of Saint Paul



Downhill Skiing & Snowboarding Lessons



Como Park Ski Center has lessons for all ski and snowboard levels. Students are grouped by ability for a more enjoyable experience. Adults and children are grouped separately. Students are required to demonstrate fundamental skills to pass to the next level.

The program priorities are (in order of importance): SAFETY – FUN – LEARNING. Safety rules are stressed at all levels. Como Ski and Snowboard School recommends helmets for all students.



Downhill Ski Lessons Fee: \$90

Lesson Fee does NOT include equipment rental.

Kinderski (Beginner ages 4*-6)

This popular program begins with games that get children comfortable with ski equipment and progresses to side stepping gentle terrain on skis, straight runs with beginning turns and stops and use of the rope tow. No 7:15 Kinderski on Tues. or Wed.

***Kinderski students must be at least 4 years old by January 1.**

Never Evers (Beginner ages 7 & older*)

Students who have never skied before begin with getting around on flat terrain and progress to sidestepping gentle terrain on skis, straight runs and beginning turns and stops, and use of the rope tow. ***Mature 6-year olds may begin at this level.**

Level I (Beginner)

Students are able to use a rope tow. They improve their ability to initiate turns and to stop on medium terrain. Fundamental skill focus: developing techniques to turn and stop.

Level II (Advanced Beginner)

Student has mastered Level 1 skills. Student learns to link turns in both directions, control speed while turning and skate on skis on all terrain. Fundamental skill focus: using each ski independently.

Level III (Intermediate)

Students ready for this level control skis on varying terrain for turns and stops. Student learns beginning Christie turns, vertical side slips and hockey stops in both directions. Fundamental skill focus: using both the inside and outside edges of the skis.

Level IV (Advanced Intermediate)

Student already uses ski edges to shape turns. Student learns to link skidded turns in both directions, complete advanced Christie turns and ski edge engagement in the snow. Fundamental skill focus: engaging both ski edges in the snow without skidding.

Level V (Advanced)

Students learn beginning parallel turns with correct pole usage, vertical step turns and progress to linked parallel turns. Fundamental skill focus: rolling both skis over together to the opposite edges in the turn.

Level VI (Advanced / Introduction to racing)

Students work on advanced parallel turns, racing techniques, carved parallel turns, and racing a slalom course with an emphasis on handling speed.

Private Downhill Ski Lessons—\$25/hr/person**

Snowboard Lessons Fee: \$90

Lesson Fee does NOT include equipment rental.

Level A (Never boarded before)

Students learn about snowboard equipment, how to strap in the board, how to get around on flat ground and on the hill, how to fall, skidded turns on flat terrain, and hops and turns on flat terrain. Most students will graduate to the next level within the same year.

***Recommend students be at least 8 years old by January 1.**

Level B (Advanced Beginner)

On gentle terrain, students learn straight runs, turns to a stop, balance while riding, hops and skidded turns. Fundamental skills focus: balance.

Level C (Intermediate)

Students learn skidded turns in both directions, ride the rope tow, do flat spin 180's, Ollies, and start to use the board edges to round out the turns. Fundamental skills focus: using the board edges to perfect the turns.

Level D (Advanced)

Students learn dynamic skidded turns, carved turns, air 180's, air 360's, riding on rails, and riding in terrain park areas. Fundamental skills focus: balance and edges.

Private Snowboard Lessons—\$25/hr/person**



Downhill Ski and Snowboard Group Lesson Dates and Times

Saturdays – January 10 to February 14, 2009

9:15 a.m., 10:45 a.m., 12:15 p.m., 2:15 p.m., 3:45 p.m.

Tuesdays – January 6 to February 10, 2009

6:00 p.m., 7:15 p.m.

Wednesdays – January 7 to February 11, 2009

6:00 p.m., 7:15 p.m.

* Adults are welcome in all classes, however, Adult Only Lessons (18 and over) are scheduled ONLY on Saturdays at 3:45 p.m., or Tuesdays 7:15 p.m.

** Private Group Lessons limited to maximum of 3 persons

Private Lesson fees do not include equipment rental – SEE Public Downhill Ski and Snowboard Equipment Rental Fees on page 5.
Call 651-488-9673 to schedule.

Equipment Rental Package Rates for Lessons

First registered, first reserved basis
(limited numbers available)

DOWNHILL SKI –

Skis, Boots & Poles (For All Six Lessons) \$40.

SNOWBOARD –

Board & Boots (For All Six Lessons) \$70.





Cross Country Ski Lessons



Saint Paul Parks and Recreation invites you to cross country ski in Como Park. Trails and facilities are open from early December through late February, weather permitting. The trails are groomed on a regular basis for both classic and skate style skiing. For trail conditions and information, please call 651-266-6400, Monday through Friday, 8:00 a.m.–4:30 p.m.

Como Park has a 1.7K loop of lighted trail for beginner-level skiing until 11:00 p.m. and 5K of intermediate/advanced-level groomed classic and skate style trails, in addition to instruction and classic style equipment rental for all ages.

Como Park Ski Center's Classic Style Cross Country Ski Lesson program features a progressive skill level series to accommodate all abilities and experience levels, from a complete beginner to advanced. The series is set up so that each lesson builds on the one before, and so that a skier taking all lessons can become progressively better. Private lessons cover more advanced techniques and the increasingly popular Skating Style Cross Country skiing. **Lesson fees do not include equipment rental.**

Classic Style Group Lessons

Introduction to Cross Country Skiing (Ages 5 to Adult)

This is an on and off snow introduction to the sport where you learn to do the basics of Cross Country Skiing, from putting on skis and poles, to sliding around the Teaching Area. You're introduced to the equipment, why and how we use it and everything you should know before you venture out onto the trails.

Children 5 to 12 years of age must be accompanied by an adult.

Day/Date	Time	Session	Fee
Sat, Dec. 20	1:00-2:30 p.m.	1	\$15
Tues, Dec. 23	6:30-8:00 p.m.	1	\$15
Sat, Dec. 27	1:00-2:30 p.m.	1	\$15
Sat, Jan. 3	3:00-4:30 p.m.	1	\$15
Tues, Jan. 6	6:30-8:00 p.m.	1	\$15
Tues, Jan. 20	6:30-8:00 p.m.	1	\$15

Beginner Group Lessons (Ages 5 to Adult)

This is an on and off snow introduction to the sport where you learn the basics of Cross Country Skiing and the techniques required for beginner skiers. You're introduced to the equipment and why and how we use it, basic techniques, and hills. Time is spent discussing clothing, safety, and the basic techniques you will need for recreational skiing on Minnesota trails. We try to get you off on the right foot, while emphasizing fun. Children 5 to 12 years of age must be accompanied by an adult.

Day(s)/Dates	Time	Sessions	Fee
Sat. Jan. 10, 17, 24	1:00-2:30 p.m.	3	\$45
Sat. Jan. 31, Feb. 7, 14	1:00-2:30 p.m.	3	\$45

Intermediate/Advanced Group Lessons (Ages 12 to Adult)

Skiers with some experience, wanting to move to more challenging terrain, can learn more refined skiing techniques for improving ability and fitness. This course will begin with a review of Diagonal Stride basics, introduce students to a variety of advancing techniques and we will practice and discuss transitions between them. The desired outcome is an ability to ski intermediate terrain with confidence.

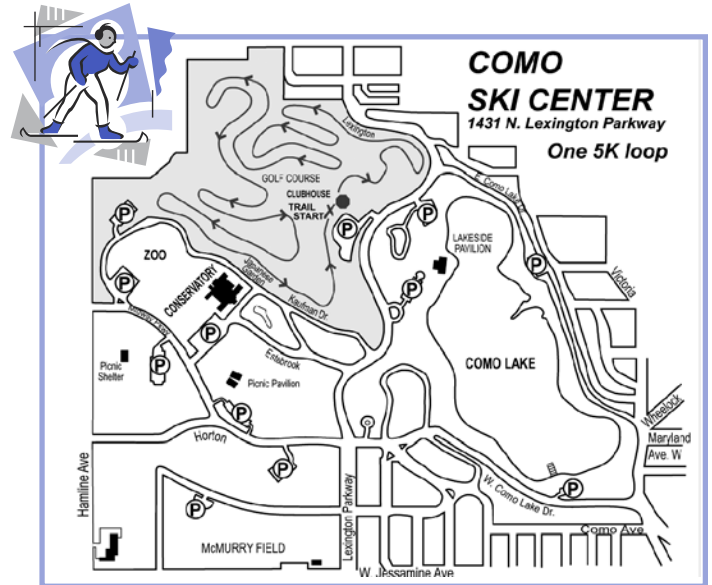
Day(s)/Dates	Time	Sessions	Fee
Sat. Jan. 10, 17, 24	3:00-4:30 p.m.	3	\$45
Sat. Jan. 31, Feb. 7, 14	3:00-4:30 p.m.	3	\$45

Private Cross Country Ski Lessons - \$25/hour/person

*Private Group Lessons limited to maximum of 3 persons)

*Private Lesson fees do not include equipment rental – SEE Cross Country Ski Equipment Rental at right.

Call 651-488-9673 to schedule. Private lesson requests will be taken starting when the Chalet opens and the course is approved for skiing (rentals start), and end when the Chalet and course closes.



Cross Country Ski Equipment Rental

Classic Style ONLY package includes no wax skis, boots and poles.

Beginner & Intermediate/Advanced Group Lessons Package

First registered, first reserved basis (limited numbers available)

For all 3 lessons \$25.

Public Equipment Rental Package (2 hour limit)

Junior (17 and under) \$ 9.
Adult (18 and over) \$12.

Public Downhill Ski and Snowboard Equipment Rental and Rope Tow Fees

Not available during Saturday lessons.

Downhill Ski (Package includes skis, boots, and poles.)

Junior Ski Package (17 and under) \$9.
Adult Ski Package (18 and over) \$12.

Snowboard (Packages includes snowboard and boots.)

Snowboard Package \$16.

Rope Tow Tickets

Single day

Junior (17 and under) \$9.
Adult (18 and over) \$11.



Registration



On Line: With credit card ONLY. Go to www.stpaul.gov/parks/ click on winter activities (left tool bar) and follow the instructions.

On-line registration will end on Sunday, December 28, 2008. Anyone wishing to register after January 4th must do so in-person at the Como Park Ski Center.



Telephone: With credit card ONLY (VISA, Mastercard, American Express or Discover) call the Como Park Ski Chalet at 651-488-9673. Chalet Hours are listed on the front page.



By Mail: Complete a registration form on page 7 and mail it with a check or credit card information to:

**Saint Paul Parks & Recreation
Ski Program
50 Kellogg Blvd. W., suite 840
Saint Paul, MN 55102**



In Person: Visit the Como Park Chalet at 1431 N. Lexington Parkway. If paying in cash, please have the exact amount. Chalet opens December 15 weather permitting.

Additional Registration Information

Equipment Rental: Everyone renting equipment must visit the Como Park Ski Center for fitting at least one week prior to the first lesson. See Como Park Ski Center hours.

No Confirmations: Assume the first choice lesson level/day/time will be held as noted on the registration form unless you are notified otherwise.

Closings Due to Weather: During inclement weather, possible lesson cancellation or site closure information will be available at least one hour before lesson time by calling Como Park Ski Center at 651-488-9673.

Lessons Missed due to illness or personal reasons are not made up. No refunds for cancellation by students.

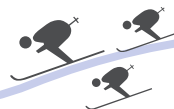
Refunds: Refunds are made if requested three business days before the first session. Refunds are assessed an administration fee. A copy of the refund policy may be viewed at: <http://www.ci.stpaul.mn.us/depts/parks/administration/policy/index.html>

Ski Patrol: Services are not provided at Como Park Ski Center.

Special Needs: Please list any special needs or disabilities that the enrolling participant may have. Individuals may be contacted by Adaptive Recreation staff to facilitate an accommodation for any special need or disability listed. We request at least 2 weeks notice for accommodation requests. For more information about accommodations and or Adaptive Recreation, please call 651-793-6634 (V) or TTY 651-266-6378.

Photography/Video Recordings: Saint Paul Parks and Recreation uses photography and video recordings to document activities and promote recreation opportunities. Participation in a recreation activity acts as your consent to such photographs and recordings unless you indicate otherwise to the ski program supervisor. Minnesota Data Privacy Act: In accordance with the Minnesota Data Privacy Act, personal information requested by Parks and Recreation staff of you and/or your child is private. This private data is available to you and the Parks and Recreation staff and volunteers who need the information to perform their duties, not the public.

FAMILY SKI DAY at Afton Alps Sunday, February 15, 2009



Each year, the Como Park Downhill Ski Program organizes a family ski/snowboard day at Afton Alps after the 6-week lesson program. Students, family and friends are invited. This year's Family Ski Day is Sunday, February 15, 2009. (The day before President's Day—No school for the kids). We arrange discount lift tickets and rentals at the Afton Alps for a day of skiing and snowboarding fun to provide

an opportunity for students to use all of their newly acquired skills. Parents are responsible for transporting their family to and from Afton Alps and for signing up and paying in advance at the Como Park Ski Chalet Rental Office. Instructors are available to help anyone riding the chair lift for the first time. Students and their families really enjoy this event!



Service Department:
 ♦ Wintersteiger Tuning Center
 ♦ Custom Boot Fitting
 ♦ Stance/Balance Analysis

Rental Center:
 ♦ Jr. Downhill Lease Program
 ♦ X-Country Skis
 ♦ Snowshoes



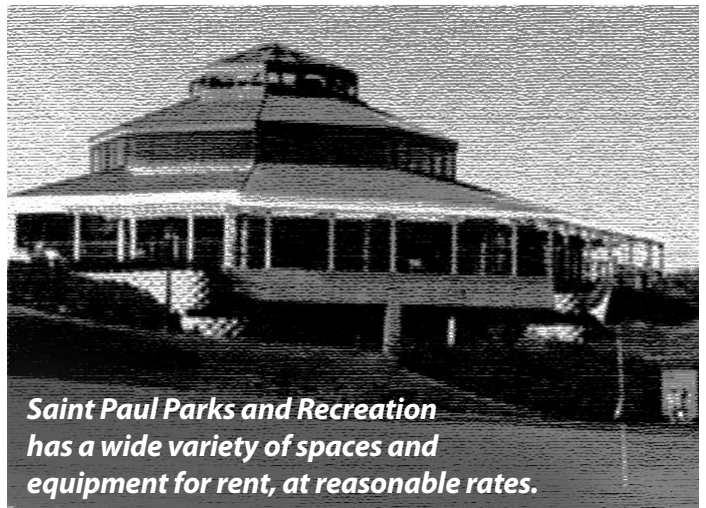
Equipment From:

♦ Armada ♦ Atomic ♦ Boeri
 ♦ Dalbello ♦ Burton ♦ Carrera
 ♦ Columbia ♦ Dakine ♦ Dominator
 ♦ Elan ♦ Fast Wax ♦ Fischer ♦ 4frnt
 ♦ Giro ♦ Head ♦ High Sierra
 ♦ Hotronic ♦ K2 ♦ Lange ♦ Leki
 ♦ Marker ♦ Morrow ♦ Nordica
 ♦ Oakley ♦ POC ♦ Ride ♦ Rossignol
 ♦ Roxy ♦ Salomon ♦ Scott
 ♦ Skull Candy ♦ Smith ♦ Spy
 ♦ Stomp ♦ Superfeet ♦ SVST
 ♦ Swix ♦ Tecnica ♦ Thule
 ♦ Tubbs ♦ Tyrolia ♦ Volkl ♦ V2

Your Outdoor Experts Since 1930!
 visit us at www.joesskishop.com,
 give us a call 651.209.7800 or
 stop by 33 East County Road B
 St. Paul, MN 55117

Rental Information

Need space for a birthday party
 anniversary or group meeting?

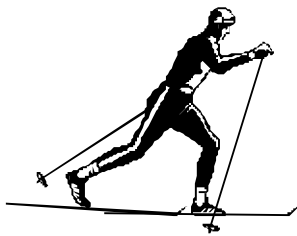


*Saint Paul Parks and Recreation
 has a wide variety of spaces and
 equipment for rent, at reasonable rates.*

For more information, please contact

SAINT PAUL PARKS AND RECREATION
 at 651-266-6400,
 Como Park Ski Chalet
 at 651-488-9673.

LET *finn SISU* PUT YOU AT EASE ON THE TRAILS.... AND WHEN YOU GET HOME!



LET'S MAKE SURE YOUR ADVENTURES
 ON THE TRAIL ARE MEMORABLE ONES.
 HAVING THE RIGHT EQUIPMENT CAN
 MAKE THAT HAPPEN. WHETHER YOU ARE
 A NEW SKIER OR TOP RACER, AT
 FINNSISU WE HAVE WHAT YOU NEED.

For over 25 years conveniently located in St.
 Paul's Midway area on University Ave. near
 Fairview.

Stop in, let us answer your questions and help
 you enjoy your adventures.



THEN RELAX IN YOUR FINNLEO SAUNA
 FROM FINNSISU. FOR OVER 2000
 YEARS, THE FINNISH PEOPLE HAVE
 ENJOYED SAUNA BATHING AS A WAY
 TO RELAX AND FEEL GOOD...
 EXPERIENCE IT FOR YOURSELF!

finn SISU

1841 University Ave.
 St. Paul, MN 55104
 651-645-2443
www.finnsisu.com

Mayor's Family Sledding Party

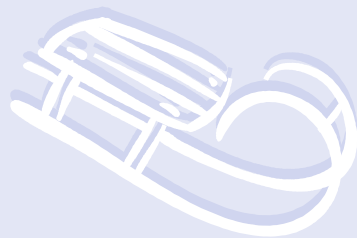


Friday, December 19, 2008

5:00 – 7:00 p.m.

**Como Park Ski Center
1431 N. Lexington Parkway**

Free Admission



CITY OF SAINT PAUL

**DIVISION OF PARKS
AND RECREATION**

**50 KELLOGG BLVD. W., SUITE 840
SAINT PAUL, MN 55102**